

dementia report

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Submission date: 21-Jul-2023 01:31PM (UTC+0100)

Submission ID: 210510584

File name: 29830_Cristina_Enache_dementia_report_503804_690353458.docx (175.16K)

Word count: 3159

Character count: 21481

3

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Module code: BMHP6006

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Report

Introduction

There are numerous types of mental illnesses. According to the World Health Organisation (2022), a mental disorder is defined as a clinically significant impairment in a person's intellect, emotional control, or behaviour. Diseases are classified using the International Classification of Diseases, Eleventh Revision (ICD-11).

The primary focus of this report is to provide an in-depth understanding of dementia, exploring its various aspects, from early detection and diagnosis to available treatment options and the importance of holistic care. By delving into current research, evidence-based practices, and support services, we aim to equip healthcare professionals, caregivers, policymakers, and the public with valuable insights to navigate the complexities of dementia effectively.

This report draws from an extensive review of reputable scientific literature, clinical guidelines, and policy documents on dementia, with a focus on research and developments up to [Year of Research Cutoff]. It encompasses a wide range of dementia-related topics, aiming to provide a comprehensive and up-to-date understanding of this complex condition.

Objectives of the report are to explore the different types and stages of dementia, to examine the various approaches used in diagnosing dementia, emphasizing the significance of early detection and accurate assessment, to assess the available medical and psychological treatments for dementia, evaluating their efficacy and potential impact on cognitive function and quality of life, to investigate the role of community-based support services, such as Community Mental Health Teams (CMHTs), in providing comprehensive care for individuals living with dementia and their caregivers, to present evidence-based recommendations and best practices for dementia.

Definition and classification

According to WHO and NHS dementia is a disease that is typically chronic or progressive in nature and brought on by several brain disorders that impair memory, thinking, behaviour, and the capacity to carry out daily tasks.

According to ICD-11, dementia is defined by the presence of significant impairment in two or more cognitive areas. Most forms of dementia have memory impairment, although cognitive impairment is not limited to memory. Neurobehavioral abnormalities may also be present and, in some cases, may be the presenting symptom of dementia. Cognitive impairment is not caused by normal ageing and is severe enough to interfere with an individual's ability to perform activities of daily living independently. The cognitive impairment is thought to be caused by an underlying acquired nervous system disease, a trauma, an infection, or another disease process affecting the brain, or the use of specific substances or medications, nutritional deficiency, or toxicity exposure, or the aetiology is unknown. The impairment is not the result of current drug abuse or withdrawal.

According to NHS and Psychology Today diagnosis and management of dementia can vary between the UK and the United States due to differences in healthcare systems, practices, and guidelines.

Healthcare Systems: The UK has a nationalized healthcare system, the National Health Service (NHS), which provides universal access to healthcare. In the US, healthcare is predominantly private, and access to services may depend on insurance coverage or personal finances.

Diagnostic Criteria: Both countries primarily use international diagnostic criteria, such as those outlined in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) and the International Classification of Diseases (ICD-11).

Referral Process: In the UK, individuals typically begin with a visit to their general practitioner (GP) who may then refer them to a specialist for further assessment. In the US, individuals may directly seek a specialist's opinion or obtain a referral from their primary care physician.

Diagnostic Process: The diagnostic process for dementia in both countries involves medical history assessment, cognitive testing, physical examination, laboratory tests, and neuroimaging (such as MRI or CT scans) to rule out other potential causes.

Specialist Involvement: In the UK, memory assessment services (MAS) or memory clinics are often involved in the diagnostic process. In the US, individuals may consult neurologists, geriatricians, neuropsychologists, or memory disorder clinics for diagnosis and management.

Medication Availability: Medications approved for dementia, such as cholinesterase inhibitors (e.g., donepezil) and memantine, are generally available in both countries. However, specific drug availability, pricing, and reimbursement systems may differ.

Support Services: Both countries offer support services for individuals with dementia and their caregivers. The UK's NHS and social services provide assistance, while in the US, support can vary by state and may involve a combination of community-based organizations, government programs (e.g., Medicaid), and private services.

Diagnosis

According to Alzheimer's Society and MAYO ⁴ for many people, receiving a dementia diagnosis is simple and takes only a few weeks. Others may take much longer, sometimes even more than a year.

There is currently no straightforward test for dementia. This means that a diagnosis is usually based on a combination of multiple sorts of evaluation.

Most people will go through the following steps:

An initial assessment will be performed by your GP or another health expert in the GP surgery. ⁴ If they suspect you have dementia, they will send you to a local memory service with medical specialists who specialise in dementia.

A specialist will test your memory and see how you respond to various types of questions. You are not needed to prepare for this. A scan may be performed to look for changes in your brain.

³ The specialist will explain what he or she believes is causing your problems. This will be determined by what you have informed them as well as the results of your testing. You will then be able to access the appropriate support.

⁵ By documenting what occurred prior to, during, and after an activity, an ABC behaviour chart is a tool for observation that aids in understanding the origins of potentially troublesome behaviour. It makes it easier for educators, parents, and caretakers to keep tabs on kids' and students' behaviours.

Understanding what causes or triggers particular behaviours might be helped by dividing observations into these three groups. It can assist us in comprehending the motivations behind specific acts. Even more effective care and intervention may be suggested by it.

By addressing both antecedents and consequences, an evidence-based model that helps to understand behaviour and evaluate the efficacy of the strategies in place includes an ABC behaviour chart.

¹ The letters of ABC stand for Antecedents (or Action), Behaviour, and Consequence when describing challenging behaviour.

What happened before a behaviour of interest occurred? These are called the antecedents (or action). This could be due to certain triggers, such as hunger or fatigue.

Behaviour: a description of the actual behaviour, including what took place, what was said, how long it lasted, and how intense it was.

Consequence: what happened as a result of the behaviour. For instance, if a person responded to the behaviour, the youngster withdrew from an activity, or experienced sensory stimulation.

(See Appendix 1)

According to SCIE the ideal dementia diagnosis process should involve several key elements to ensure an accurate and comprehensive evaluation. The ideal steps are recognition of symptoms, initial assessment, referral to specialists, comprehensive evaluation, neuroimaging, neuropsychological assessment, collaboration and consultation, diagnosis and communication, ongoing management

In reality, the dementia diagnosis process may vary and encounter challenges due to various factors, including delays in recognising, limited access to specialist, variability in practice, stigma and misdiagnosis, fragmented care.

¹⁷ According to NHS Community Mental Health Teams (CMHTs) often play a crucial role in assessing the functional status of individuals with dementia. The assessment of functional status aims to evaluate the individual's ability to perform activities of daily living (ADLs) and instrumental activities of daily living (IADLs). The team include doctors, community mental health nurses, social workers, occupational therapists, psychological therapist.

According to NHS specific counselling services⁴³ are available to support individuals with dementia, their families, and caregivers. These services aim to address the emotional, psychological, and practical challenges associated with living with dementia.

Some specific counselling options provided by Dementia UK are Admiral Nurse Service, Helpline and Advice, Carer Support Groups, Online Support and Resources, Charities for people with dementia.

Treatment

According to GOV several pieces of legislation are relevant to the treatment and care of individuals with dementia. These laws aim to protect the rights and well-being of people living with dementia and ensure they receive appropriate support and care.

⁴² Equality Act 2010: This legislation prohibits discrimination and promotes equality of opportunity for individuals with disabilities, including dementia.

²⁸ Human Rights Act 1998: The Human Rights Act incorporates the European Convention on Human Rights into UK law, safeguarding fundamental human rights and freedoms. It ensures that individuals with dementia have their rights protected, including the right to dignity, privacy, autonomy, and respect for private and family life.

³³ Mental Capacity (Amendment) Act 2019: This legislation amends the Mental Capacity Act 2005 and introduces a new framework called the Liberty Protection Safeguards (LPS). LPS replaces the previous Deprivation of Liberty Safeguards (DoLS) and provides legal protection for individuals who lack mental capacity and require restrictions or deprivations of liberty in care settings, including some individuals with dementia.

According to NICE and NHS the treatment approach for dementia typically involves a combination of medical interventions and psychological support to address the cognitive, functional, and behavioural symptoms associated with the condition.

Commonly used treatments

Medical Treatments

²⁵
1 Cholinesterase Inhibitors: Medications such as donepezil, rivastigmine, and galantamine are cholinesterase inhibitors. They work by increasing the levels of acetylcholine, a chemical involved in memory and learning, in the brain.

²⁵
NMDA Receptor Antagonist: Memantine is an N-methyl-D-aspartate (NMDA) receptor antagonist that regulates glutamate, a neurotransmitter involved in learning and memory.

Psychological Treatments

Cognitive Stimulation: Cognitive stimulation therapy (CST) involves structured group activities that aim to engage and stimulate cognitive abilities, memory, and communication skills.

Reality Orientation: Reality orientation therapy involves providing individuals with cues and reminders about time, place, and personal information to help improve orientation and reduce confusion.

Reminiscence Therapy: Reminiscence therapy involves discussing past experiences, memories, and life events, often utilizing photos, music, or objects from the past.

Behaviour Management Techniques: Various behavioural interventions and strategies are employed to manage challenging behaviours commonly associated with dementia, such as agitation, aggression, or wandering. These techniques include environmental modifications, establishing routines, providing reassurance, validating emotions, and using distraction or redirection.

Psychological Support: Counselling and support services, including individual or family therapy, can help individuals with dementia and their caregivers cope with the emotional and psychological impact of the condition.

Measurement of rehabilitation

According to Mayo Clinic and WHO assessing the effectiveness of treatments for a service user with dementia involves a combination of objective measurements, subjective observations, and input from the individual and their caregivers.

Some approaches used to evaluate treatment outcomes:

²⁹
Cognitive Assessments: Standardized cognitive tests, such as the Mini-Mental State Examination (MMSE) or the Montreal Cognitive Assessment (MoCA), can be administered

periodically to assess changes in cognitive function. Improvement or stabilization in cognitive scores may indicate treatment effectiveness.

Functional Assessments: Assessments of daily functioning, ³⁸ such as the Activities of Daily Living (ADL) or Instrumental Activities of Daily Living (IADL) scales, can be used to evaluate the impact of treatment on an individual's ability to independently perform tasks like dressing, eating, or managing finances.

Behavioural Observations: Caregivers or healthcare professionals may monitor and document changes in behavioural symptoms, such as agitation, aggression, or wandering. Reduction in frequency or severity of such behaviours may suggest treatment effectiveness.

⁴¹ Quality of Life Measures: ⁴¹ Quality of life assessments, which evaluate factors like mood, social engagement, and overall well-being, can provide insights into the impact of treatment on the individual's subjective experience of their condition.

Caregiver Reports: Feedback from caregivers or family members who closely interact with the individual can offer valuable insights. They can provide subjective observations of changes in the person's cognition, behaviour, communication, and overall functioning.

Treatment Goals: The treatment plan may involve specific goals, such as improving communication skills, reducing agitation, or maintaining independence in certain activities. Regular evaluation of progress towards these goals can indicate treatment effectiveness.

Expert Evaluation: Healthcare professionals, such as neurologists, geriatricians, or psychiatrists, can assess the overall response to treatment based on their clinical expertise and experience. They may consider a combination of objective assessments, subjective reports, and their own observations to determine the effectiveness of the treatment.

- How can we measure effectiveness and success e.g. do we need to consult previous assessment?
- Can you see any issues with measuring effectiveness using a restricted number of outcomes?

According to Healthline CT scans, or computed tomography scans, are imaging techniques that use X-rays to create cross-sectional images of the brain. While they are not the primary diagnostic tool for dementia, they can provide valuable information in the diagnostic process by revealing certain brain abnormalities that may contribute to cognitive impairment. CT scans can help in the identification of potential causes or underlying conditions associated

with dementia such as: brain atrophy, vascular changes, structural abnormalities, traumatic brain injury (TBI), normal findings.

(See Appendix 2)

Recommendation for future practice

According to NICE¹⁸ recommendations for future practice in dementia care in the UK should focus on enhancing the quality of life for individuals with dementia and their caregivers,¹³ promoting early detection and intervention, and ensuring access to comprehensive and person-centred care. Some key recommendations are involving the diagnosed person in decision making, providing information about centred person's condition, advance care planning.

According to GOV and CMM² the NHS Long Term Plan is a new strategy for the NHS to improve patient service and health outcomes.² It outlines how the Prime Minister's £20.5 billion NHS budget settlement, announced in the summer of 2018, will be spent over the next five years.

The strategy focuses on creating a future-ready NHS by enabling everyone to obtain the best start in life, assisting communities in living well, and assisting people in ageing well.

The plan was created in collaboration with front-line health and care workers, patients, and their families. It will benefit key ailments such as cancer, heart disease, stroke, respiratory disease, and dementia.

Measures are also included in the plan to enhance out-of-hospital care⁴⁸ by bolstering primary care and community health services, continue to improve pregnancy safety³⁷ by halving the number of stillbirths, maternal and neonatal fatalities, and significant brain injury by 2025,⁸ help the elderly by providing more tailored care and strengthening community and basic care services, make digital health services a standard element of the NHS, so that people in England will be able to access a digital GP option in 5 years.

I can recommend Raj to work less hours as a taxi driver so he can sleep enough and to take more care with his diet because he has diabetes. If he does not pay attention at this thing, his health may worsen.

According to Uncustomary efforts have been undertaken in recent years to investigate various approaches to dementia treatment, such as medication therapies, non-pharmacological interventions, and novel therapeutic targets. Some aspects of dementia research and potential treatments being researched include immunotherapy, gene-based therapies, stem cells, repurposing medicine, lecanemab.

Conclusion

Throughout the report, we have explored various aspects of dementia, focusing on its diagnosis, treatment, and care in the UK. Key points include:

Early detection and accurate diagnosis are critical for providing timely support and interventions to individuals with dementia.

Medical treatments can temporarily improve cognitive function but do not cure dementia.

Psychological interventions have shown positive effects on cognitive abilities and emotional well-being.

¹⁷ Community Mental Health Teams (CMHTs) play a vital role in providing comprehensive and integrated care for individuals with dementia.

Dementia-friendly communities and caregiver support are essential for enhancing the overall well-being and ¹³ quality of life for individuals with dementia and their caregivers.

Ongoing research is exploring potential disease-modifying therapies and lifestyle interventions to prevent or slow the progression of dementia.

Dementia is a complex and difficult neurological disorder that necessitates a multidisciplinary approach to diagnosis, treatment, and rehabilitation. While pharmacological and psychological treatments can help with symptoms and cognitive function, they are not

curative. Continuous research to develop disease-modifying medicines and preventive treatments is urgently needed.

In light of the findings presented in this report, the key recommendations are as follows:

Providing information: ²⁷ provide information relevant to the circumstances⁴⁷ and stage of dementia to people living with dementia and their family members or carers.

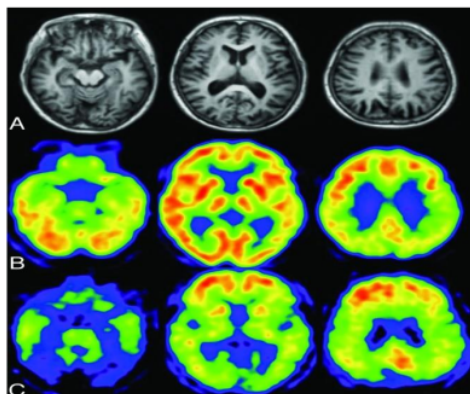
Advance care planning: offer opportunities for people living with dementia to discuss the benefits of going ahead with the treatment, LPA, advance decisions to refuse the treatment.

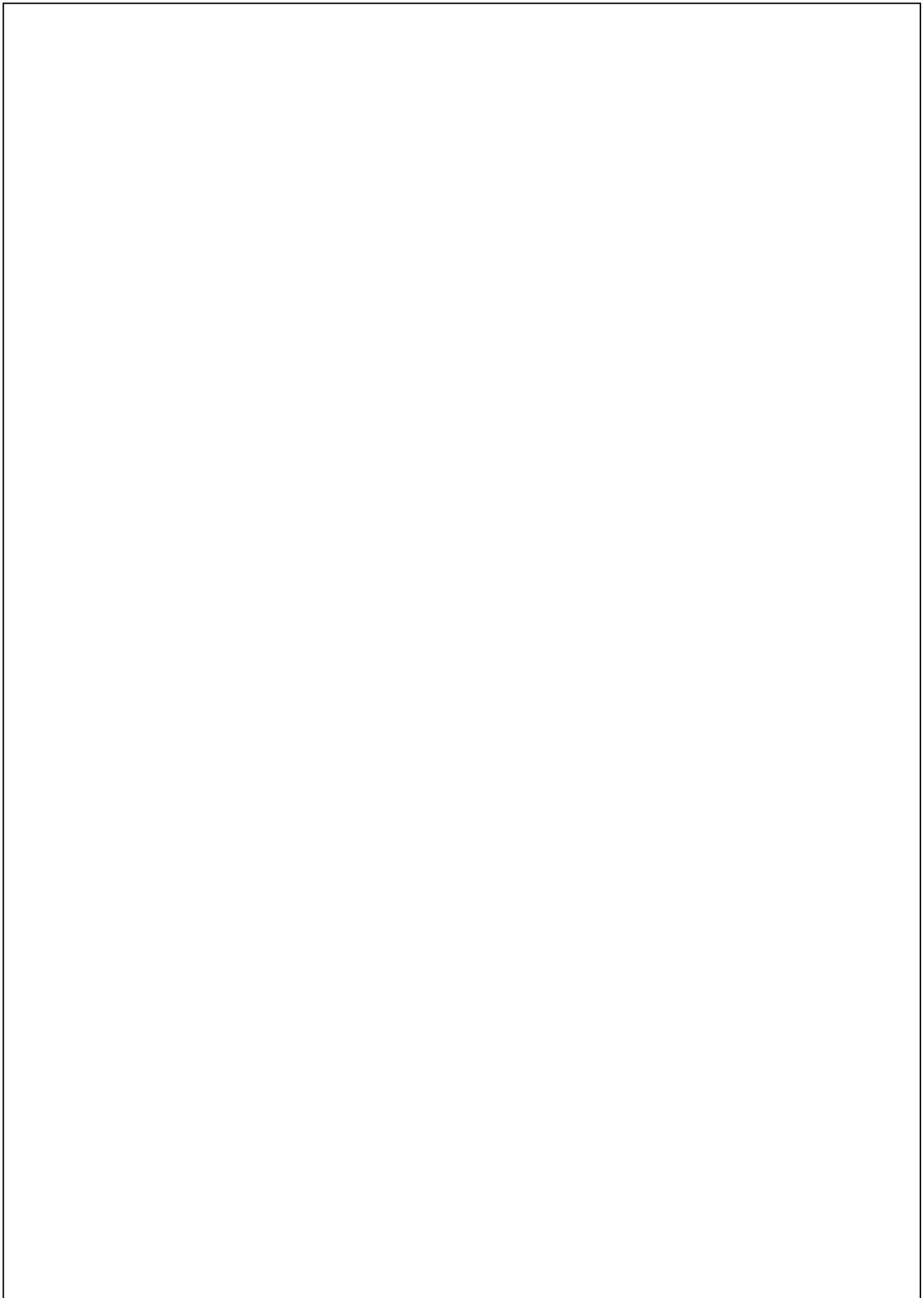
By implementing these recommendations, the UK can work towards improving the lives of individuals with dementia, supporting their caregivers, and addressing the challenges posed by this significant public health concern. Together, we can strive for a more compassionate and inclusive society that supports and empowers those affected by dementia.

Appendix 1

ABC Behaviour Chart	16 Antecedent: What happened immediately before the behaviour?	Behaviour Describe the behaviour in observable terms.	Consequence What happened immediately after the behaviour occurred?
Date: 04.07.2023 Time: 08:00 Activity: Medication time People: Nurse and patient Place: Bedroom	Being offered medication	Shouting Making threats	Remove stimulus that was causing distress and returned after a short time
Date: 04.07.2023 Time: 18:00 Activity: Dinner time People: Patients Place: Dining room	Eating Noisy environment	Pouring the drink on the floor Kicking Spiting	Moved to another area for safety

Appendix 2





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